

THE SASKATCHEWAN'S Military Newspaper CFB Moose Jaw, Sask.

PLAINSMAN

MOOSE JAW SALUTES US
SATURDAY JUNE 27th



VOL. 2 NO. 15

JUNE 18, 1970

DOWN 'THE GOLDEN MILE'

AFD PARADE ON

Armed Forces Days are never cancelled, they are only postponed.

Low clouds and the threat of high wind and rain washed out the planned Armed Forces Parade in Moose Jaw last Saturday. The decision was not made until late in the morning when it became apparent that the twelve plane formation would not be able to fly.

FROM THE MINISTER OF NATIONAL DEFENCE

AFD MESSAGE

"On Armed Forces Day 1970 Canadian servicemen stand on the threshold of what promises to be an exciting decade.

During the past year Canadians have been taking a new look at the development potential of our Northland, and already are moving to tackle the exciting challenges of this vast area. The Canadian Forces have been involved in the North for many years and will become even more involved in the future. For us, the ability to exercise a national presence in the North will be a continuing requirement. In addition, we will have an opportunity to employ our proven capabilities by assisting others in the development of this great area.

This year we are establishing a Headquarters at Yellowknife, increasing substantially our air operations, and starting construction of a vital bridge and the first of six air strips.

The extent of our contributions, not only to northern development, but to national unity, national identity, national technical and scientific advances and in the education and training of Canadians will continue to grow. We must concern ourselves with security in its broadest social sense if we are to participate in the main stream of Canadian society in the 1970's. We must never forget, however, that first and foremost, the Armed Forces are a fighting force, and those of you serve at sea, with the Ground-Air Forces in Europe, with NORAD, in Cyprus, and elsewhere around the world, will continue to face in the 1970's no less challenges that you have in the past.

The unselfish manner in which you continue to carry out your duties, despite the stresses and strains of rapid change, reflects your dedication, professionalism and national pride. I am grateful to you all. — Leo Cadieux."

24 HOUR CONTINUOUS SUPPORT

Logistical Support To Fire Catastrophe



SMOKEY KERWIN

Last week, approximately 90 forest fires were ablaze in Northern Sask. due to the lack of rain and intense heat.

Evidence of the severity of these fires was witnessed by the restricted visibility in the local flying area causing a slow-down in the flying training program.

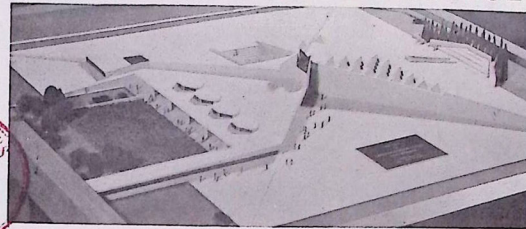
CFB Moose Jaw was called upon to give logistic support to a company of the Airborne Regiment who steadfastly battled the spreading infernos throughout the week. The Force Commander, Maj. J.G. Dion, from Edmonton, was aided directly by Training Command Liaison Officer, Maj. Reid, who worked directly in the field.

A 24 hour listening "post" was maintained at CFB Moose Jaw for the purpose of direct and indirect support in any form. Capt. Jack Kerwin, 2FTS Adjutant, whose secondary duty is Emergency Plans Co-ordinator, remained constantly at the helm. CFB Moose Jaw's support of the provision of fresh rations, insect repellent, truck spares and 2 Herman Nelson heaters. Cpl. McCrum of the Ground Handling Equipment section transported the Herman Nelson heaters to the fire site as the forest fires were wallowing in the mud due to final long-awaited rains at the conclusion of last week. Sgt. Toews of the Supply Section was on hand to transport supplies and perform administration duties.

From last reports, the majority of the fires were well under control and our smoke-filled skies were returning to normal.

HALL OF CAN. AVIATION HISTORY

CONSTRUCTION TO COMMENCE



Maj. Tinson's very own "elegant rock pile", the RCAF Memory Bank, is expected to receive a big boost early next month when the Major arrives in Ottawa and donates his next year's pay to the project.

We've finally turned in a total of \$4,469 to the Hall of Canadian Aviation History/RCAF Memorial Fund. The project is solidly supported by a minority of Base personnel, and the contributions varied directly with the enthusiasm and initiative of the canvassers. We raised \$687 in cash, and \$3,782 in pledges.

Since I'm off to Ottawa to spend a couple of years promoting this elegant rock pile, I'd like to give the contributors the latest scoop on the progress made thus far.

First, and most important, is the fact that the Hall of Aviation History will in fact, be built. \$500,000 has already been raised and construction will proceed, albeit at a slower pace than originally planned.

Secondly, the board of directors has been reorganized and moved to Ottawa. The Trenton founders realized the need to centralize the operation near the headquarters of the organizations most involved: the Air Cadet League of Canada, the Canadian Armed Forces and the RCAF Assn. The reorganization has brought together a group of 25 business and military leaders from across Canada, with Air Marshall (ret'd) C.R. "Larry" Dunlop as fund president.

Sub-groups have been formed to revitalize the fund raising campaign and to supervise the construction of the building.

Thus the programme continues, but at a slower pace. Anyone who tells you that they're happy with the in-service response is putting you on. We're disappointed, but we'll build the thing anyway. The industrial and special names donations are picking up, financial help is appearing from overseas, and the Air Cadets will give it a big shot this fall.

The Hall of Aviation History will commemorate the great things Canada had done and will do in aviation. It's centered in a 35 acre park west of Trenton, and the trees are already planted. Many of us feel that this country's aviation achievements are worth commemorating. You'd better believe that we're the ones who'll tell the story, as the man on the street won't do it for us.

Some day we may come back to those of you who put the lock on your pockets during our fund drive. As progress continues, you may change your mind about the merit of preserving our aviation heritage. —BIO

ONE MAN CHEER TEAM

DEFENDS 'MEMORY BANK'



MAJ. D. TINSON

Over 10,000 cars a day pass the proposed new clover-leaf intersection on Highway 401.

- e. The majority of the Servicemen polled favoured the Trenton site selection (77.6%).
- Q How many people were surveyed? Was it done across the rank structure?
- A In September 1967, 600 questionnaires were sent to RCAF Bases and selected senior officers. 442 of the questionnaires (73.7%) were answered. As I said before, the majority favoured the DND offer, and when you query a Base, you are querying the entire rank structure, not just the Base Commander.
- Q To date all the names that have been associated with the project have been just that: 'big names' and retired senior officers. Why no little guys?
- A What's a little guy? Bill Caverly of the RCAF who was one of the originators of the idea, is an ex L.A.C. If you're referring to the VIP's who serve as Patrons and Honourary Patrons of the Hall, it should be obvious that it usually costs an individual money to allow his name to be used as a patron. Would you like to be a Patron for the project?
- Q Who is paying all this high paid help? And who is footing the administrative costs?
- A There has only been one paid employee in the programme thus far. He is Mr. Tony Leicester of Trenton. His salary has not been exorbitant during his short tenure and he is leaving for Nassau at the end of July. Other administrative costs have been absorbed by the DND. (cont. pg 2)

Ruining A Good Thing

Here we go again.

After half a century of putting up with uniforms of all shapes, colours, designs and at least three different basic kits for each service, the members of the Armed Forces in Canada finally got a uniform that they can be proud to wear. There are problems of course, just as you would expect if you were to order 93,000 suits made to order. And it is going to take time. But the basic uniform has got to be one of the smartest looking, easy wearing, military uniforms in the world.

So somebody had to go and ruin it.

One of the orders of dress (no number yet, although we would expect something like 13B), calls for the new uniform with a white shirt and black tie.

We suspect that it must have been a result of a lobby by a shirt manufacturer, overstocked with white shirts (not perma-press, and not tapered with collars that turn up).

You will read elsewhere in this edition of a number of optional items that have been approved for wear. We applaud the two headgear items, although are concerned that the approval of the ceremonial belt will usher in another "instant dictator kit" similar to the cursed belts and boards of that earlier era.

Stop it we beg, before somebody comes up with anything else. . . like the novel idea of the new uniform with a brown shirt for the land element, a dark blue shirt for the sea element and (get this), a sky blue shirt for the air element.

PARADING FOR OURSELVES

A series of events has led to an unusual situation next Saturday, June 27.

It is the last day of the Moose Jaw Retail Merchants Association's Sidewalk Days and it was in conjunction with this promotional campaign that Mayor Lewry proclaimed that Saturday as Canadian Forces Appreciation Day. From the information that he had been given his intentions were most clear: understanding the need for a good relationship between the city and the Base, and being desirous that the same high spirit of co-operation continue, he was pleased to make the proclamation. It was made so that the merchants of Moose Jaw could acknowledge the contribution of the Base to the community.

This acknowledgment will take many forms; you will find that some merchants will be offering a discount to servicemen in uniform and their families, others will have giveaways and out on the street will be free coffee and cold drinks.

What is so unusual about the day is that it will be highlighted by our own parade down Main Street that morning. In effect we are responding, about 500 strong, to the merchants' invitation. This 'tit-for-tat' arrangement, their Appreciation Day and our (postponed) Armed Forces Day Parade, is unique and has great possibilities. If we do it right, if the majority of the personnel remain in town, the city will be swamped; it will seem as though every second shopper is from the Base.

Even the most reluctant businessman will have to admit to the effect we have on the local economy. And that will pay dividends.

Do not forget that it is also Armed Forces Day, OUR day to show the uniform. This opportunity is even better than an Open House and we stand to win both ways. The key to the whole day is the uniform and the man in it. That brings up another point; the dress is with tunics. This, by the way, is the dress whenever we are in town. Uniforms off the Base are always to include tunics.

WHAT A RAT !!!

We hear a lot of grumbling these days about how the Canadian Forces pruning plans will affect us. Everyone seems to be very subjective about it. Some fear for their jobs. Others worry about their reduced chances of promotion. Some supercilious so-and-so once said that if the men weren't grumbling about chow, or the conditions, or whatever, that trouble was brewing. Unfortunately, the type of grumbling most prevalent now is not the healthy or innocuous kind. The present whining is born of bitterness and resentment, born of a feeling that one has been led down the garden path, has been seduced by the Service into trading his best years for a handful of beans.

What many of us fail to appreciate is that every man is responsible to a very large degree for his own destiny. Any man of reasonable worth would refuse to have it any other way. I refuse to make another man, or organization, responsible for my success or failure, and I refuse to be responsible for the success or failure of another man. Sadly, many people are unwilling to exert the effort necessary to cope successfully with modern life, and these people blame everybody but themselves for their poor prospect and uninspired existence. Nobody has a corner on knowledge, it is equally available to everyone. To live life authentically and to the fullest satisfaction, every man must take inventory of himself. He must learn where his talents lie and what his shortcomings are and then operate to the limits of that framework.

Some time ago, I read an article which labelled the people of one European country, "the Adipose

Society". It mentioned how the physical characteristics of these people had changed and broadened in the last 25 years. Now we have our own problems with putting on weight, but much more serious is the adipose mentality that we have developed; one which is lethargic, and slow-moving, so subject to inertia that it is almost impossible to get it moving, much less put it in high gear. Some sort of stimulation is obviously needed to get us out of this mental limbo. We must be re-vitalized and rejuvenated, but the onus cannot rest on an organization, a boss or one's fellow man; it must be on the individual himself.

For a man to blame the Service because he is in a rut, because he has lost the zest for living, or because his life has become meaningless, is the height of nonsense. It's the simplest thing in the world to change your job and to change your environment. It is a much slower and much more painful process to change your repertoire of attitudes. Anyone who feels that he is in a dead-end job should seriously strive to change that. The answers may well involve leaving the Service but that decision must rest with the individual. If a man cannot find his job satisfaction or his challenge in the Service, he is much better off to resign. But make no mistakes. Do not expect to leave this Service with the cunning of a rat leaving a sinking ship. There may be suffering under the gardner's pruning shears now, but this may be an indication that Spring is just around the corner. Perhaps the CAF is not so well, but it is alive, and living in Canada. (Totem Times).

Letters to the Editor

Dear Sir:

Eleanor and I would like to thank all our friends and neighbours for the assistance offered and given during our recent mishap. It was certainly reassuring to know that when help is needed there are so many standing by ready and willing to assist.

The prompt and outright professional response of the firefighters prevented a serious tragedy. To the Firemen, the Service Police, the medical staff, and the CE Section, who are working so hard to put things back together again - we offer a simple - but deeply sincere thank you.

The Wood Family.

Dear Sir:

Recently, there was a golf tournament at Bushell Park Golf Club. It was open to anyone, male or female, member or non-member. The aim was to get acquainted. ONLY ONE WOMAN REGISTERED. I was rather disappointed, and also embarrassed as I received a prize when I had no competition. There has to be more ladies who play golf on this station. I have been asked to represent the ladies, but so far as I know there aren't any others in the club. Even the men are asking where are the ladies?

The course is coming along in leaps and bounds, everyone who plays it knows we have the makings of the best golf course in Moose Jaw and a beautiful club house. Come on out ladies, join your husband, find out what it's all about. It costs only \$15.00 for a membership, which is reasonable to say the least. What's that? You don't know the first thing about golf? Well, we have the answer for that too. FREE golf lessons every Tuesday. It's never too late to learn to play golf. Believe me, there is a lot of enjoyment to be had and a lot of friends to be made. This is one game we can beat our husbands at too, I've seen it happen lots of times. (I'm still trying, but I give him a scare once in awhile.) If you need any further information please call me at 693-4104 evenings until July 1st, then any time at all. See you at the golf course!

Mrs. Joan Baddeley

NAVAL REUNION

A reunion to mark the 25th anniversary of Canadian naval aviation will be held at CFB Shearwater N.S., July 3 and 4. Theme of the reunion will be the end of fixed-wing carrier operations.

Events planned during the reunion include static and flying displays, a golf tournament, an all-ranks smoker, family picnic and a formal ball to conclude events.

All service and ex-service personnel who have served in naval aviation are invited to attend. Inquiries should be addressed to the Anniversary Committee, CFB Shearwater

The Plainsmen

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Q With only 1/2 million collected to date from the Air Element, what projects are planned for the remaining one million?

A I don't know, but I've got a feeling I'd better think of something. By the way, the half million dollars to which you refer is not entirely money donated by the Regular Forces. Some of it is from the private sector. The military campaign is not yet complete.

Q What progress is there to report on the collection of the remaining 2 million?

A I have no information on this subject.

Q Is the 'Hall' being planned in stages so that it will not sit an unfinished pile of mud should collections lag? Has this been carried to the point that the building would seem completed should contributions dry up?

A I don't think so. I imagine the Board of Directors will have to gamble. But if you check the names on the Board, you might feel that their judgment on the feasibility of going ahead is reasonably astute.

Q Is there not to be a certain duplication between this Hall of Canadian Aviation History and the Aviation Museum at Rockcliffe? Could not the existing Rockcliffe site have been used?

A This is an exercise in semantics. A hall of history is not really a museum. The Aviation Museum at Rockcliffe displays hardware ie; aircraft and bits and pieces. This is a tremendous display tended by skilled and loving hands, but housed in a lousy environment.

Our Hall of History will portray the deeds of men; bush pilots, military air and ground crews, airline and charter operators - the whole spectrum of Canada's dynamic flying history. A hangar at Rockcliffe is not really the best structure for the type of presentation we hope to make to the people, particularly the youth of Canada.

Q Some of the 'bar-room' criticism has been centered around the size of the project. Why 3 1/2 million worth?

A Oddly enough, \$3.6 million doesn't buy you an awful lot these days. If you want a handsome, airconditioned building, housing three chapels, a display and Memorial area, a convention centre and an outdoor theatre, it'll run you 3 to 4 million every time.

Q What does the 3 1/2 million cover? Will the Defence Department be stuck with the maintenance costs? Self-supporting? Admission fee?

A The 3.6 million will put the building up and furnish the interior. DND will maintain the complex since it will contain the chapels for CFB Trenton. No admission fee will be charged contributors.

LETTER TO THE EDITOR

Dear Sir:

An official complaint has been recently received from the owner of a farm bordering on the base to the effect that children of Bushell Park are regularly trespassing on his property; and in one instance hunting, although the area is a game reserve. While trespassing itself can be annoying to the property owner, approximately \$50.00 vandalism type damage was inflicted on a piece of machinery during the last incident.

This is the type of conduct on the part of our children which promptly negates much of the good will it is appropriate we maintain with our civilian neighbours. Moreover, since the base authorities have

no direct control or disciplinary powers in such instances the offended party has no recourse but to officially ask for civil police protection, with the possibility of civil court action being taken against the offender; or if a juvenile, his parents. This might easily occur the next time a dependent fails to respect the private property of others.

Since none of us would like to see this happen you are urged to brief your children on the subject and to caution them of the dangers of trespassing and the embarrassment which their action might cause you as their parent.

Maj. W.A. Longley
BAdmO



"YESSIREE SON, THE ARMED FORCES: READY TO GO ANYWHERE IN ANY CONDITIONS!"

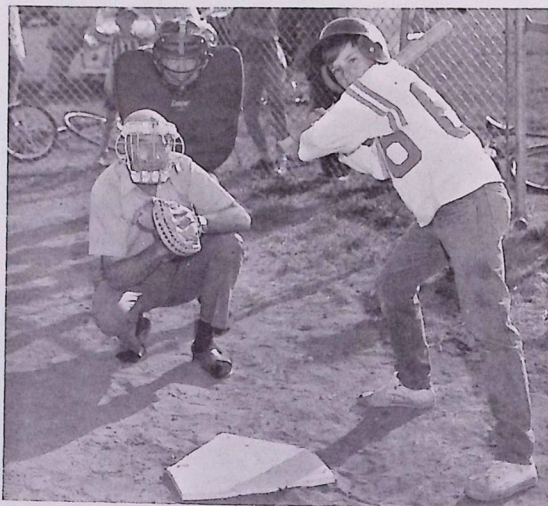
**SPORTS
SCENE**

PLAY BALL

BASE GOLF TOURNAMENT



with "WOODY"
Recreation/Sports
News & Views



Maj. W.A. Longley, our BADMO takes a close look at the situation as he prepares to receive the first pitch in the Division 11 opening June 8.

Hi there.....
Minor ball is having the regular problems. . .lack of adults to assist. Do you have spare time in the evenings???? If so your assistance is required to supervise YOUR children in an activity. The boys and girls ball has begun and is being enjoyed by all, however, many hands make light work. . . lend a hand.
(see story)

The BASE POOL is now operational and presently its FREE Swim Time - Charges will be levied next week, watch for further information on COSTS. . . Hours of Operation. . . CLASSES. . .

Apparently I goofed (again). . . Last issue I published what I thought to be a schedule for the Memorial Field Fastball League. . . To my dismay it was a schedule for the CFB Blues only. . . Sorry Jr. Ranks team. YOUR Schedule is printed in this edition under your column.

This week marks the departure of Bill Jones and family. I would like to take this opportunity to wish Bill the very best at his new unit and I am sure that he will enhance the recreation program in the far north. To bergie and the gang, enjoy your trip and keep active. . . From the Base personnel, and I hope I can speak for them, thanks for your contributions Bill. . . all the best. (I understand from a reliable source that even the Eskimos call Inuvik North.)

GIRLS' SOFTBALL

The girls' softball is well into mid season with 4 teams in the Junior league and 4 teams in the senior league, the enthusiasm and interest shown is very gratifying and all coaches are doing an excellent job in maintaining this high calibre and are to be commended for their keen interest.

The coaches for the Senior Girls are Mike Thompson, Jan Thompson, B. Boudreau and J. Woodcock. Stevie Woodcock, Hazel Crebor, Jim Wilson and Earl Elder are the coaches for the Junior Girls.

- SCHEDULE**
6:00 pm JUNIOR GIRLS
15 June - Crebo vs Elder
16 June - Crebo vs Wilson
17 June - S.Woodcock vs Elder
18 June - S.Woodcock vs Crebo
22 June - Elder vs Wilson
23 June - Wilson vs S.Woodcock
24 June - Elder vs Crebo
25 June - Wilson vs Crebo

- 7:30 pm SENIOR GIRLS
15 June - M.Thompson vs Jan T. J. Thompson
16 June - M. Thompson vs J. Woodcock
17 June - Boudreau vs J.Thompson
18 June - Boudreau vs M.Thompson
22 June - J. Thompson vs J. Woodcock
23 June - J.Woodcock vs Boudreau
24 June - J.Thompson vs M. Thompson
25 June - J. Woodcock vs M. Thompson

- PLAY-OFFS**
29 June - (A) S. Woodcock vs Elder
 -(A) J. Thompson vs J. Woodcock
30 June - (B) Crebo vs Wilson
 -(B) Boudrea vs M. Thompson
01 July - Winners (a) & (b)
 -Winners (a) & (b)
Grand Champs for both Jr. and Sr. Girls.
02 July - LEAGUE WIND-UP
REFRESHMENTS - HOT DOGS

Sunday, June 7 saw the kick-off of the Bushell Park Minor Ball League for the 1970 season. Under the guidance of Earl Elder, Kam Kissner, Wally McDonald, Al Morrison, 220 boys and girls of Bushell Park will enjoy a full season of play. All games are played Monday to Thursday evenings; the girls on the base east of the fire hall, the 7-17 year old boys on the two diamonds at Bushell Park School, the Pony and Colt league opposite the Jr. Ranks Club on Sundays.

There are three divisions for the young boys:
Division 1 - Ages 7-12
Division 11 - Ages 13-17
Division 111 - Ages 13-17

In Division 1, the boys play fastball, and are the beginners or those not experienced enough or who do not wish to play baseball. In this league we have 4 teams.

Division 11, these lads play baseball according to international little league rules. 3 teams are active here. Parents would be pleasantly surprised at the caliber of play exhibited by some of the players, also it may be of note that 4 teams would be active if coaching were available.

Division 111 are the experienced ball players, and play primarily exhibition games against local area teams.

The girls are divided into two divisions, Junior ages 10 - 12 and Senior ages 13 - 16. Approximately 80 girls, 4 teams are involved here.

The league wishes to publicly thank L/Col. Young our BTSO, for opening Division 111 league on behalf of the Base Commander; with his style we may nab him for pitching coach duties. Maj. 'Bud' Longley, our Base Administrative Officer, who tells us quietly that Joe Torre learned it all from him, did the honours on Monday evening for Division 11.

The league executive is very appreciative of the support of the PMQ Council, now all we need is parent help. As you can see the task is large, and at least 25 - 30 adults are needed to do a good job, mothers are welcome, as well as singles living-in members.



TOURNEY WINNER

Glen Palmer is shown chipping up to the green on the first hole. Glen wound up with an 84 and walked away with the 1st Tourney. Watching the shot are Glen's Dad, Lloyd Palmer and Stan VanTassel.

HORTON
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WILD ANIMAL PARK

OPEN DAILY - TO 9:00 PM

FULL COURSE MEALS
SNACKS



L/Col. Young is shown officially opening the first Tourney on our own course - notice the questionable looks on the Spectators - Could it be the size of the ball???

The first Golf Tournament of the season, took place on the Base course on Saturday, June 6th, with a grand total of 36 participants. Of the 36 golfers, eight were juniors and one lady joined in. It almost seems fruitless to the members of the committee, the course maintenance crews, and the few golfers who supported this tourney, to bother at all with a tournament. Particularly when members of the Base pick up green fees for the town course the same day, and couldn't care less about a Base tourney.

Granted our course is in the growing stages, and is not as professional as we would like it to be, BUT, it is a challenging and exciting layout, and golfers young and old, male and female from the Base should take pride in the fact that we even have such a facility and show their interest by supporting any functions planned by the committee.

Winners for the tourney are as follows:

- | | |
|---------------|------------------|
| Low Gross | Glen Palmer |
| Low Net | Wayne Holden |
| Most Honest | Denis Daigneault |
| Top Lady | Mrs. Baddeley |
| Longest Drive | Stan VanTassel |

and everyone else received a golf ball for their efforts)

Presently the course is growing faster than the mowers can cut, and hopefully at least, it will dry up and be ready for the next tournament which is planned for the 20-21 June.

MOTHERS. . .this is Father's week-end so why not encourage him to enter the.

FATHERS DAY TOURNAMENT

20 & 21 JUNE

36 HOLE

T-Off Times - 9:00 to 11:00 Saturday am (earlier if desired)
- Sunday T-Off times will be posted after Saturday rounds.

ADMISSION - \$1.50 Person

(non-members will pay green fees)

Plan on watching the US OPEN on the Club's newly acquired COLOUR TV.

COMING UP

JULY 3 & 4

QUALIFYING ROUND FOR THE ZONE 3 GOLF TEAM
FRIDAY 3 JULY AT THE MOOSE JAW COUNTRY CLUB . . . SAT.
JULY 4 AT THE BASE COURSE.
(18 HOLE SCORE ON FRIDAY, WILL DETERMINE THE SIX MAN TEAM.)

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Good Career Opportunities

For retiring, or early release, service personnel to become resident agents in the Moose Jaw/Regina area with The Armed Services Division of the MARITIME LIFE ASSURANCE CO. No limitations as to age education or experience but applicants will be expected to be prepared to undergo a course of training and become proficient in financial counselling for serviced personnel.

Successful candidates will find a rewarding career, providing they are willing to put forth an honest effort with plenty of opportunity for advancement.

For information, please contact:

DOUG ARCHER
MARITIME LIFE
BOX 1287
CALGARY, ALTA.

OPTIONAL HEADGEAR APPROVED



Whoever said that Moose Jaw was behind the times. The following press release was received in our office late last week. It announces the decision to produce a green wedge cap, identical to the one Maj. Tinson sports in the above photo. With Maj. Tinson is Pte. Jean Proulx of the Base Photo Section.

CFP—Ceremonial and optional items of dress for wear with green uniforms were approved recently by defence council.

Topping the list was headgear. The familiar berets and wedge caps were given the green light. Both items of headgear will be armed forces green only. When produced they will be sold only through CANEX outlets.

Summer and winter working cap designs were also approved. These caps will be of the baseball style with ear flaps for winter issue.

A ceremonial belt of white plastic now undergoing user trials, was approved for procurement. It features a Canadian forces crest mounted on an anodized brass buckle. When a rifle is carried, the sling will be of white plastic with anodized brass fittings.

The above items, while approved, have not as yet been let to contract. In the meantime dress regulations governing the wear of wedge caps and berets will be formulated and announced at a later date.

It's That Big Guy Over There....



Our Base Photo Section caught this scene as the 'brass' was arriving for the opening of the Chateau Room. B/Gen. Adamson is seen holding what seems to be an empty flight bag. That's B/Gen. Bourgeois in the civics. Col. Christie, (with the bandaged hand), has just told Maj. Thompson, "that's right Terry, it was the big guy... the one on the right with the sharp teeth... he was the one who stole the General's uniform."

PATROL AIDS BLIND



On the 4th of June 1970, Lt/Col. Grogan, the Canadian Forces Provost Marshal visited CFB Moose Jaw to accept a cheque from the children of the Bushell Park School Safety Patrol, that was being donated to the Military Police Fund for Blind Children.

Shown in the picture is Sgt. Cheryl Langille of the Bushell Park School Safety Patrol presenting a cheque for \$100.00 to Lt/Col. Grogan.

This contribution makes a total of \$145.00 the children of the Safety Patrol have donated to worthwhile organizations this year. The money has been raised by the children delivering advertising flyers for local Moose Jaw stores, by shovelling PMQ sidewalks in the winter, and by hosting a spring bake sale.

Picton Paper Pages People

CFP—Did you serve in Canada's Armed Forces during World War 1 and do you hail from Picton, Ont.?

If so, the editor of the Picton Gazette would like to hear from you. He's preparing a special supplement issue of the newspaper to mark the 25th anniversary year of the end of the Second World War.

Photographs, reminiscences, anecdotes, or simply a note saying "I was there" with the name of your unit and location of service would be appreciated.

What sparked the idea was the success of a similar endeavour detailing the participation of area residents in World War 1. The two-section, 16 page, First War Supplement was published in July, 1969.

Former Pictonians or Prince Edward County residents should write to the editor of the Picton Gazette, PO Box 80, Picton, Ont., by July 15.

NEXT PLAINSMAN

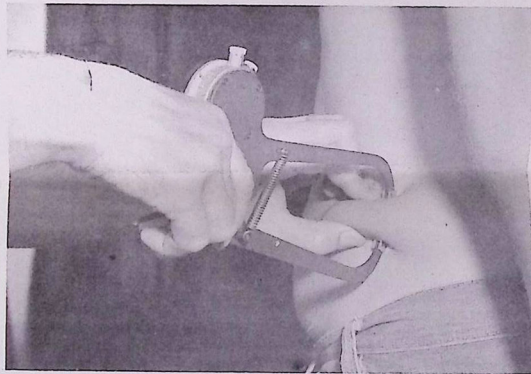
DEADLINE!!

THURSDAY,

JUNE 25!!!!

MEDICALLY SPEAKING....

OUCH !!!



Last week, the majority of the ground and air crew were pinched, squeezed, fatigued, and weighed by our two illustrious medical assistants Nurses Larry Perpar and Newf Bowman. Actually, the afore-mentioned indignities were part of a medical screening program in which personnel underwent a series of tests to measure fat (skin-fold test employing calipers), blood pressure, lean body weight (grip strength instrument) and weight.

The background to the reason for these tests is quite interesting. Our flight surgeon, Maj. MacArthur, discovered that it was possible for the ground crew to age from eighteen to forty years without undergoing a complete physical. Considering the resources of manpower and money, it was deemed impossible to subject all personnel to a medical on a regular basis, and hence an alternative solution was sought. After researching current testing techniques, Maj. MacArthur gained approval to pass 400 Base personnel through an intensive series of test which could be programmed into a computer. Liaising with Dr. John Merriman at the University Hospital in Saskatoon, Dr. MacArthur reduced the initial number of tests to the essentials in order to conserve on finances and enable all base personnel to be tested. Such parameters as weight, fat, triglycerides, cholesterol and blood pressure are now measured in the current tests. As the equipment required is expensive, CFB Moose Jaw took out on loan from the University Hospital, the needed apparatus. Hence, it was imperative to have as many personnel as possible to undergo testing in the past week.

The aim of the exercise is directed towards the discovery of early coronary symptoms. Very little research has been done in this field, and it is noteworthy that to date CFB Moose Jaw has compiled the largest and most comprehensive data to date in Canada. All personnel will be advised as individuals as to the findings of their tests as soon as possible and the complete results of the survey will be published in the Plainsman in early Fall.

Perhaps, just perhaps, we are witnessing medical history in the making right here at CFB Moose Jaw.

OFFICIAL SOD TURNING



There have been so many holes dug around the Base lately that we have lost count. Capt. Larry (the Supermole) Bourque hasn't though. One of the ones dug last week must have been a milestone in the annals of C.E. history as the Supermole and his staff gathered for an official Sod Turning by the Base Commander, complete with gold shovel and a Colonel's issue hardhat.

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People We Meet



If you have any reason to be associated with the "Citizen's Band" (Short Range Communications) through any emergency or disaster... you may meet Cpl. Ian Graham Ford. Ian is one of the competent Physical Education Recreation Instructors based at CFB Moose Jaw and this base's loss will be CFB Chilliwack's gain in August, when he and his family take up residence in what Ian openly terms as "God's country"! Born in Kamloops B.C., Ian joined the RCAF in 1951 as a Clerk Admin. and in 1954 remustered to his present trade. Having had basic training in Aylmer, his career has taken him to such bases as Trenton, Gimli, MacDonald, Penhold, Goose Bay, St. Hubert, North Bay and Moosenee. At Stn. MacDonald, Ian married his wife Gloria (Corky) and they are now the parents of a six yr. old boy.

Ian and Gloria are both involved in the Citizen's Band activities, Ian being the Emergency Radio Co-Ordinator for Moose Jaw and Gloria the Secretary of the Club. Among the many duties and responsibilities that his hobby entails is the big job of being Chairman of the 1971 Homecoming 'Jaboree'...and that is not a misspelling, but just that,a 'Jaboree' on July 2-3-4, 1971....there will be a three day convention (workshop) and entertainment and other details must be attended to for at least three to four thousand people, who will come from all over North America. Now with the transfer to B.C., Ian will hand the reins over to another Chairman, but many details have already been worked out... which will aid the further completion of a hopefully successful venture. Another secondary hobby for Ian is that of Model Rocketry and attempts have been made to begin a Base Organized Club for this. As a family encompassing hobby, they enjoy camping and trailering.

While stationed at North Bay, Ian ran a series of 24 shows on radio called "News in Uniform", a program in which he interviewed various personnel from all the RCAF trades and while in Goose Bay, he operated a Disc Jockey show on CFBG.

Though pleased with the prospects of returning to his native province, Ian says he and Corky have definite reservations about leaving the Base, and the many fine friends they have in the area. To Ian, Gloria and their son, we wish them 'Good Luck' not only in British Columbia, but with their continuing career.

430 SQN PILOT SHOOT TO WIN

CFP-A 430 Silver Falcon squadron pilot is the air division's 1970 top gun but his effort was not enough to bring the Top Gun strike/attack competition trophy to the squadron.

Capt. Ray Dunsdon out hustled his mates and pilots from the three other strike/attack squadrons to take individual honours. Second was Capt. C.W. Hatch of 1 Wing's operational flight tactical trainer section with Lt. E.G. Thurston of 427 Lion Squadron third.

Top squadron in the competition was Baden-Soellingen's 427 Lion. The Silver Falcons took second place with 421 Red Indian and 422 Tomahawk squadrons third and fourth respectively.

A two-part effort, Top Gun tested pilots navigation know-how and bombing proficiency. In the navigation sorties pilots were allotted targets one hour before take-off. They had to sort out map data to put their fighters within 500 feet of the target. A miss meant game over.

In bombing runs, direct hits at the exact second indicated on the pilots' flight plan were a must or penalties were assessed.

439 SQN TOPS RCCE MEET

CFP-For the second consecutive year Canadian pilots took top honours in the photo reconnaissance competition Royal Flush - held recently at Deelen, The Netherlands.

439 Tiger Squadron from Lahr, Germany, beat out nine competitors in the annual NATO meet. Last year's winner was 441 Silver Fox Squadron.

Coming from behind on the last day, the Canadian airmen, with only two flights remaining overcame a 91 point lead by 306 Dutch Squadron and a 68 point lead by 4 RAF Squadron.

Responsible for the first-place finish were pilot Capt. Bob Hart, Hespeler, Ont., and Guy Fabi, Sherbrooke, Que., whose combined score of 709, gave the Canadians 2,246 more points than the Dutch.

4 Allied Tactical Air Forces, consisting of Canada, the U.S.A., and West Germany, lost the Gruenther Trophy to the 2 ATAF team consisting of Britain, Belgium and the Netherlands.

Top pilot was Flight Lieutenant P.J. Goddard of Britain's 4 Squadron RAF. The Netherlands' 306 Squadron won the photo interpreter course trophy, Belgium's 42 Squadron took the photo lab trophy and also the best army target prize.

Within Maritime Command, one of five functional commands of the Canadian forces, are 14,500 uniformed personnel and 5,500 civilians.

WHAT MP'S ASK

STUDY ON BONAVENTURE

Mr. MacLean (Malpeque): Have studies been made to determine the feasibility of retaining the aircraft carrier BONAVENTURE in a reserve condition to provide sea transportation from Mobile Command until such time as suitable long-range transport aircraft are available in sufficient numbers to give Transport Command air transport facilities?

What has been the finding of any such studies?

Hon. Leo Cadieux: (Minister of National Defence) Yes, however during the defence review it was concluded that the retention of HMCS BONAVENTURE could not be justified solely on the basis of providing sea transportation for Mobile Command.

ARMED FORCES STRENGTH

Mr. Moores (Bonavista-Trinity-Conception): What is the present personnel complement of the Canadian Armed Forces delineated in terms of Regular Forces/Reserve, and in terms of land, sea and air environment?

Hon. Leo Cadieux: As of April 30, 1970:

	Regular Force	Reserve Force
Sea	16,908	2,737
Land	35,244	19,598
Air	40,894	725
Totals	93,046	23,060

DRILL CEREMONIES



Naval Reserve Unit Unicorn of Saskatoon recently held their final ceremonial drill of the current season. During the ceremonies, trophies were presented to reserve personnel. Sgt. Gerry Moore, shown here with Commanding Officer, Capt. C.J. McCorkell, was presented with the high proficiency award for outstanding contribution during the past year.

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BUYING A STEREO ?

Buying a stereo is a bit like buying a car - you have a truly vast range from which to choose and there are so many combinations of style, price and equipments that it becomes a genuine problem to select the type best suited to your particular needs.

To begin with, decide just how excellent stereophonic sound you want. The whole point of stereo is that it enables a recording to sound like the original live sound. That's the difference between a record-player and a stereo.

The excellence of the sound you will get depends upon the quality of its components and the way they are assembled in the cabinet. This is not to say a lower-priced stereo is no good. Far from it. It might well be that the people who will listen to the recordings have no desire to hear the shades and nuances of perfect stereo.

On the other hand, listeners who can distinguish a fine tonal quality would be disappointed in poor reproduction. Real stereo buffs often put together their own sets. The technicalities they study are listed in the various "how to" magazines but for the average person who wants to know what to consider when buying a stereo, here are some suggestions:

First consider style. Decide on how much decorator style you want. The average stereo console is a large piece of furniture and cabinets include many styles. Your particular taste in furniture and how well it will fit in with the rest of your room, is the guide here. You pay a large price for the cabinet and this is before you've even considered what's inside.

A leading manufacturer of stereo consoles puts it this way: "A stereo set is like an iceberg - most of the parts that matter are hidden from view."

A stereo consists of a turntable and pickup; an AM/FM receiver (tuner); a control unit; dual audio amplifiers and dual loudspeaker assemblies. Usually these are all housed in one cabinet which also provides space for records and quite often, a space for a tape-recorder which is "optional equipment". If you want to wait to buy a tape-recorder later, now is the time to make sure your set has the necessary outlets, wiring and space for its installation. In some stereos the speakers are separate - "satellite" speakers to be placed on bookshelves, furniture or in other parts of the house.

The quality of a loudspeaker is probably the most difficult of any

NEW EMPIRE BUILT

Since our present BIO departs for the mysterious east and bigger and better promotional tasks July 1, the Base Commander has announced a new Base Information set-up. The structure looks like this:



MAJOR DON WILLIAMS, Base Information Officer. Telephone 693-5408, 693-5409, 693-5337. Home telephone 693-1966, 1129 Vaughan St. West.



CAPT. JOHN HACKETT, Deputy Base Information Officer, Telephone 693-5409 or 693-5337. Home telephone is 693-4088, 253 Stadacona St. West.



LT. CHUCK PARNALL, Base Tour Co-Ordinator, Telephone 693-5406. Home telephone is 693-4514, 406 Athabasca Towers.



LT. JIM MAURSTAD, Base Tour Co-Ordinator, Telephone 693-5412 or 693-5409. Home telephone is 693-4263, 1366 Montgomery Ave.

The BIO does most of the protocol work, and represents the Base Commander in community and media liaison. The deputy BIO will handle most of the routine press duties. . . so if you've been promoted or won a DFC, call him. The Tour Co-Ordinators set up Base visits for the public at 0930 or 1300 on weekdays. They keep pretty busy, but don't be reluctant to call them if your group wants to look around the base.

An information officer can function properly by being informed. If you have an item of interest or a story idea, pass it along to these chaps. We have an excellent base newspaper and receive first class co-operation from local news types. Help us to maintain good public relations.

'BRING 'EM BACK ALIVE'

We visited our favourite lake this weekend and duly barbecued our steaks, and as happens all too frequently, someone burnt a finger and of course we didn't have the necessary first aid available, other than run the finger under cold water. So I thought I would pass on a few hints as to what supplies one should carry or take to the lake.

If you are the type of vacationer who enjoys going barefoot as much as possible during these carefree days then make sure your travel medical kit contains tweezers, iodine and bandage material.

CAA travel counselors have long advised, pack your personal medical kit and those items which most closely fit your needs.

Aspirin to ease pain of headaches, backaches, or toothaches, any of which can strike just as easily during travels as at home. Strenuous sight-seeing and long driving can help bring some discomforts as well as muscle soreness for which rubbing ointment or liquid is advised.

Antihistamines and decongestants to relieve allergies, itching and symptoms of the common cold and sinus or asthma attacks. Do NOT use such items while driving however.

An antacid medication, either in simple baking soda form or one of the commercial preparations in powder, liquid or tablet form.

Car sickness has become far less of a problem than in days when highways weren't 'super' and automobiles bounded along without good shock absorbers. There are numerous products on the market to not only ease motion sickness but help prevent it.

It is also stressed that before you pack your medical kit, you should consult your family doctor. He can tell you what to take and what you can leave at home.

TRAVEL TIP

If your dog or cat could talk, he would tell you that he would rather not be taken on a long trip requiring a large amount of confined travelling. He would be better off - as would his human travelling companions - if he was in the care of a boarding kennel until your return.

If for any reason you must take your pet along, the AAA advises preparing as carefully for your pet's journey as you would for your own.

Animals should have previous experience riding in a vehicle before he is taken on a long trip. Most dogs or cats have initial tendencies toward car sickness but quickly overcome this with a little riding experience on short trips with frequent stops.

All pets should wear a collar with an identification tag that gives name, and full address, and should have leash, muzzle and certificate of rabies inoculation for dog.

Many hotels and motels accept pets. Most of those that do, are noted in the AAA tour books. Some accommodation provide kennels at a nominal fee, usually 50 cents to \$1.00 a night.

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Cont'd from p.6

STEREO

of the aspects of a stereo to assess. The best way to assess this is by a listening test. This will not only be a test of the reproduction characteristics of the loudspeakers but of those of the complete system. Ask to use a recording of your own on the machine — one chosen with some care to serve as test material.

Consumers' Association of Canada suggests that you should never buy a stereo on a crowded, noisy department store floor where imperfections in operation can never be heard. Insist on a demonstration where you can hear any hums, a laboring turntable motor and where you can see if all the controls adjust well. During the test, as a quiet passage is being played or the pickup is on an unmodulated section of the recording between bands, the volume should be turned well up. Any low-pitched rumbling sounds are an indication of mechanical vibrations in the turntable.

The unit should also be checked for "needle chatter". Chatter is the breaking up or distortion which occurs towards the centre of the record. It is caused by the stylus losing contact with the record groove. Should this fault be noticed when playing loud passages of a symphonic recording, and if this is the type of recording you will most likely be listening to, then a better quality pickup will be needed.

A stereo is a very delicate piece of equipment. It demands respect in its operation and care. After a period of time, your record library can represent a sizeable outlay of funds. Therefore, it will pay you in the long run to take plenty of time making your purchase of a stereo. *Don't rush into it and don't be pushed.*

Consumers' Association of Canada has a buying guide on stereo consoles that is available free in single copies by writing: "Stereo's", Consumers' Association of Canada, 100 Gloucester St., Ottawa 4.

MEDICAL MEMO

This week we will review the benefits of exercise and physical fitness. To gain some perspective on this, let us examine the statement of the National Workshop on Exercise in the Prevention, Evaluation and Treatment of Heart Disease, held at Myrtle Beach, South Carolina, in May 1969.

"Epidemiologic and other studies have demonstrated that regular physical activity is associated with a better state of well-being, enhanced quality of living and apparently, reduced morbidity and mortality from Ischemic Heart Disease. For these reasons, comprehensive patient care should include enhancement of physical fitness as well as other accepted good health practices, such as healthful diet, weight control, cessation of smoking cigarettes, and when indicated, specific medical or surgical treatment.

Physical conditioning may be recommended for normal subjects and for selected patients of both sexes in all ages."

In an earlier Medical Memo, I pointed out that a great deal of scientific research work still needs to be done to fully evaluate the benefits of physical fitness. However, one fact is very clear. People who are physically fit feel better and are much happier in their day to day lives. In my opinion, this fact alone justifies the effort required to maintain physical fitness.

The effect that physical fitness has on your cardiovascular system is a little more confusing. This area is being subjected to intensive research work and certain interesting trends are becoming apparent. It seems, for example, the physically fit people have a much higher survival rate from coronary heart attacks than unfit people. It appears also that fitness enables patients to recover more rapidly from a heart attack and to return to normal living sooner. Other evidence indicated that physical fitness alone may not have much effect upon the age at which a person has his or her initial coronary attack. This is consistent with points made in earlier articles, to the effect, that coronary artery disease is multi-factorial problem. There has been speculation that physical fitness induces an increase in the size and number of blood vessels supplying the heart muscle. Thus when one or more of the other factors predisposing to coronary artery disease exist, one artery may become blocked and the individual experiences a heart attack. However, because of his fitness and the consequent increase in blood supply to the heart muscle the individual suffers less damage to his heart and makes more rapid and better recovery. This proposed mechanism provides a logical explanation for the effects of exercise on coronary artery disease but it must be emphasized that this is a speculative theory which has not been scientifically substantiated.

There is some evidence to indicate that proper exercise may reduce the incidence of recurrent heart attacks. The results of recent investigation, show that properly controlled physical exercise offers an effective contribution to the management of patients who have had coronary heart attacks.

There is some evidence to indicate that proper exercise may reduce the incidence of recurrent heart attacks. The results of recent investigations show that properly controlled physical exercise offers an effective contribution to the management of patients who have had coronary heart attacks. At CFB Moose Jaw we now have several patients who have started a controlled, graduated exercise programme subsequent to their heart attacks. These people are exercising fairly strenuously every day. All feel extremely well and their excellent morale and their cheerful outlook is very apparent to all of us who have been observing them.

In summary — physical fitness and graduated exercise programmes have a role in the maintenance of good health. In those patients who have already had a heart attack, they promote a sense of well-being and tend to increase life expectancy. In those of us who have not yet had our first heart attack, exercise and fitness is also important, for it increases morale and also reduces the likelihood of our dying from heart attacks which may come our way in the future.

In the next issue we will discuss various exercise programmes and their relative merits.

Photo Tips By Jeypics

The other day I was asked how to use extension tubes, when taking pictures of small objects "like the eye of a needle". First of all, the "extension tubes or bellows" function is to provide an additional variable amount of extension between the lens and the camera body. In close-up photography, this added extension becomes necessary when an increase in the focusing range the camera lens is desired.

Usually a set of tubes comes in three sizes: no. 1 — 11.5 mm; no. 2 — 19.5 mm; and no. 3 — 22.0 mm. They can, of course, be used in any combination, depending upon the desired results.

It is important to remember to make an adjustment in exposure to allow for the tube length. When the tube sets are purchased, they usually have a self-explanatory set of tables showing the exposure factors for the most commonly used lenses.

The required exposure increase (exposure factor), is applied in the same manner as a filter factor. Thus, a factor of 2 requires a larger opening of one "f" stop or twice as long a shutter speed, a factor of 4x requires a correction of 2f stops, and on 8x factor requires a correction of 3f stops. A simple method for correction exposure with any known factor, is to divide the ASA speed value of the film by the exposure factor; then the meter will automatically compensate for the exposure factor. Should a more accurate exposure be required, the general formula — an algebraic equation — usually found in books dealing on this subject in more depth, could be used. Well, now you should be able to use your bellows and tubes correctly.

Should you have a problem or question, write it down and send it to the Plainsman, Box 33, Bushell Park, Attn: JEYPICS. Be speaking to you next issue.

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THE EVENING REIGN JUNE 15-29

TODAYS WOMAN

Woman's Editor

Rosalie Perrin

On June 21st, summer will be with us, the grass is green, gardens are still growing and the mosquitoes are still biting.

Probably your summer vacation is well into the planning stage, whether it be laying around in your own back yard or an extended trip but we will still be going to press every other Thursday, please join us. June is transfer time and coffee parties are being held, these are the ones I have heard about this week.

Pam Collins arrived for morning coffee at Audrey Taylor's and found several of her friends gathered to wish her good luck in Ottawa. They gave her a piece of pottery from Portage la Prairie (lovely). Pam and John have only been living in Bushell Park a couple of years, but they have been busy ones; they have four children, she enjoys bowling and curling and is active in organizations in the city. We know Pam and her family are looking forward to going East and we wish them au revoir for now.

Jan McDonald is leaving us for Winnipeg. Ann Pladsen gave an afternoon coffee party Thursday for Jan and her friends at which time a cornflower crystal candy dish was presented to her. Jan and "Satch" have been here for 3 years during which time she has been active in Officer's Wives Club, Bridge Club and has a very keen interest in hockey. Bon voyage, Jan.

Elaine Langille is leaving us after eleven (yes, eleven) years in Moose Jaw and Bushell Park. She and Scotly lived in the city until about three years ago and since moving to PMQs their two main pastimes have been curling and driving Cheryl to music lessons and band practices. Cheryl is leaving for a five week tour of Europe with the Jr. A Band on June 21. Elaine and the rest of the family will vacation in Alberta before going to Holberg. About 20 of Elaine's friends gathered in the Upper Lounge of the Jr. Ranks Club on June 2nd. They gave her an electric kettle and a pair of electric scissors as a remembrance of her time at CFB. In between curling games and band practices Elaine manages to do some sewing. Good luck, Elaine.

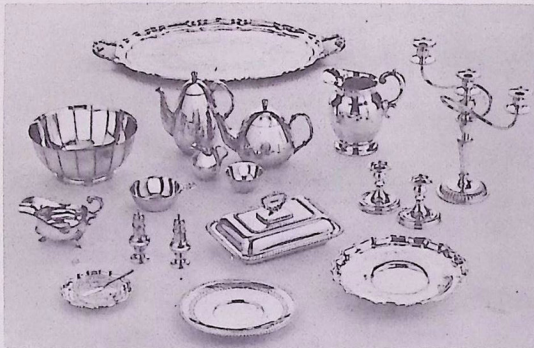
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Spotlight On SILVERWARE



Silver hollowware pieces as shown in the above picture can be your most valuable and prized possessions. Some of these pieces have multiple uses. To wrap them and put them in your cupboard, means you are not getting the full benefit from them. They can be used every day.

In my last column I tried to offer some guide lines for the purchase of fine china. It is strongly recommended that you choose your chinaware first to set the trend for your silver and glassware. The selection of these important items is then more easily accomplished. Many people prefer to pick silver first: this merely means you are starting from a different point. The same guide lines will hold true.

In making your selection of table appointments you should consider the following:

1. The types of dinnerware.
2. The co-ordination of dinnerware with the interior decor by style and colour.
3. The choice of flatware and glassware to suit your dinnerware.
4. The selection of specific items.

Before you select your pattern try to decide just what is your taste, traditional or contemporary, ornate or plain. You may fall in love with a pattern the moment you see it, but remember this is forever and consider second and third choices before you make your final decision. Patterns should be chosen for quality other than design. Hold it. Feel its weight balance. See entire place settings and see the companion serving pieces. Try to arrange them as you would on your own table. A practical and popular way to build up your silver collection is place setting by place setting. This is very true when purchasing sterling silver. Remember that silver is easy to look after. The best care you can give your silver is constant use.

A basic six piece place setting consisting of knife, fork, teaspoon, soup spoon, salad fork, and butter spreader are really essential for everyday use as well as the most formal entertaining. They are the most adaptable pieces the teaspoon will serve as a coffee spoon and small dessert spoon. The soup spoon is also a dessert spoon, cereal spoon and a small serving spoon. The salad fork is often quite acceptable for dessert.

Basic table setting rules are mostly common sense and convenience. If a setting that appears to break the rules will also make the service more comfortable for guests - go ahead with it.

It is suggested that when you want to know more about your treasured silver, visit a silver expert. Your jeweller is a silver expert, professionally trained to assist collectors.

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Family Day TREMENDOUS SUCCESS

The annual Family Day held at St. Anthony's Home June 7th, 1970 proved to be a tremendous success despite the heat! Temperatures soared to 94 degrees causing the ice cream cones to wilt and the tempting frosted cakes on the bake table became a sea of icing as a result of the broiling sun which shone incessantly during the afternoon.

Because of the extreme heat outdoors, some of the concessions were moved into the downstairs of the Home - here the three tea rooms convened by the St. Anthony's Ladies Auxiliary and the Ladies of the Canadian Forces Base, did a steady business dispensing gallons of tea and lemonade.

Although the crowd attending the Family Day was not as large as previous years, those attending enjoyed the entertainment provided and participated in the various attractions. Winners of the \$50.00 Bonds which were raffled were: Mrs. Askew who's husband is a resident of the Home and Marilyn Cameron of Moose Jaw.

The St. Anthony's Home Ladies Auxiliary wish to thank the ladies of the Canadian Forces Base for their assistance during the afternoon and look forward to their co-operation again next year.

All those involved with the Family Day preparations were very gratified with the result of their efforts, but most important, the Older Citizens living in St. Anthony's enjoyed seeing their families and friends once again.

YOU ASKED ME...

Wigs, falls and hairpieces are today's answer to instant glamour. Available in an exciting array of designs, colours and lengths; they offer every patron a great way to change her looks to match the occasion!!

Synthetic wigs are made in a variety of styles. When buying a synthetic wig, choose one of the better fibres on the market today. Modacrylic and kanelalon are both good fibres. Then you must choose the pre-set style that becomes you. Do not plan on changing the style completely, though you can make any detail change that you wish with in the pre-set style.

You will very likely need some hair shaping. Choose a hair stylist who has had a good factory course in wig work. The cut can make the wig and preserve the curl.

Expect anything in the synthetic wig. This is the season for "in" trends where anything goes. There is no dominant look. Fashions this summer are anyone's guess - every woman's whim. There's a lot of

fashionable "put on" so enjoy every bit of it and get on with it.

Q My wig has a piece in front of my ear that I would like to push back. Could it be altered?

A Yes, a well trained wig expert can alter a wig for almost any problem. On many people the piece in front of the ear causes a closed-in look and a great inclination to push it back. Get rid of it!!

Q Can I have a rinse on my synthetic wig?

A Some fibres take a rinse beautifully. Do not attempt anything until you have consulted your trained expert. He or she will advise the correct preparation.

The above are the sort of questions we would enjoy answering in future issues. Ask us anything and we will attempt to find the answer. be it on wigs, gardening, new fashions or how to house train your new pet. There's always an expert somewhere. Address all mail to Today's Woman, The Plainsman.

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Tips to Better Hand Care

Hands are always in the limelight. We use our hands when we speak, when we adjust a pin, open a door, or sign our name.

We're all a little bit "ashamed" when the hand doesn't look equal to the task because it's rough and red. It CAN be beautifully soft and smooth. Here's how.

Massage lotion or cream over the hand as you would apply a glove—smoothing it over each finger toward the wrist, blending it in long, strong, strokes over the back of the hand.

For extremely rough dry skin, massage a rich night cream over hands every night (protect with a pair of cotton gloves). Just a few days of this treatment works wonders.

Frequent use is essential for most beneficial results. All hand care preparations tend to wash off completely and must be renewed after each washing. Keep a hand lotion or cream next to every faucet—and "bathe" the hands in emollients every time they are washed in soap and water. This is particularly important when using detergents.

WEDDINGS

Miss Carol Ferguson, a clerk at the Supply Section, became Mrs. Kurt Klepsch on Saturday, May 30, 1970.

The girls from Supply took Carol to dinner at the Arbor Room; the table was decorated with a bridal decor and upon arrival she was presented with a corsage.

After enjoying a delicious Chinese dinner, games were played, and the evening was brought to a close by presenting Carol with some pieces of Corning Ware for her new home. Best wishes to the happy couple.

MARATHON BRIDGE CLUB

A Marathon Bridge Club for all ladies of the Base has been proposed to be organized in the autumn.

If you are not familiar with this type of Bridge Club it operates as follows:

- You play with the same partner throughout the season becoming a team.
- A schedule is drawn up, when all applications have been received, this tells you who you play next.
- You play an average of three games a month, each time at a different home—your turn as hostess comes up about three times during the season depending on the number of teams involved.
- After you play your game you turn in your scores to the convenor who tabulates all scores. Prizes being awarded at the end

of the season usually at a closing banquet.

- You schedule your games at your own convenience, playing morning, noon or night depending on your commitments.

- Each player pays 25¢ every time she plays. This money goes with the scores to the convenor.

Two convenors will be required to get this club organized—any ladies interested please call the Plainsman Office, Local 381 and leave your name and phone number.

If you are interested in this bridge club, where you have the opportunity of meeting many of the ladies in PMQ's and in Moose Jaw, look for a compatible partner during the summer and more information will appear in September issues of the Plainsman.

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POWDER ROOM by LOIS

As I look out the window today, my thoughts are far, far away from the glorious sunshine we experienced last week. One of the joys of being a Saskatchewanian is the "surprise" weather element. Nature can bask you in a flood of sunshine one day, and dash you with a wet 40 mph wind the next. I tell the "foreigners" (people who weren't lucky enough to be born under the sign of the prairie lily) that the bad days are only dispensed to make us appreciate the glorious ones. Besides, I'm told we get more sunshine in Moose Jaw than in any other Canadian center.

One thing I particularly enjoy about a cool spell or two during the summer, is the opportunity to escape from salads and cold cuts and bake a fresh batch of buns or cook a roast for dinner. It seems that just when the

freezer is suffering from a lack of baking I can feed its ever ready cavity with a new lot.

I recently celebrated a birthday and it seems that the excitement of another birthday lessens as the years go quickly by. However, what I wanted to tell you about was the thoughtful gift my mother presented to me. By the time this issue goes to press, hopefully, I'll be 4 days away from crossing the great pond to the United Kingdom. As might be expected life is a bit hectic around our house just now and my kitchen time is suffering. Anyhow....my mother arrived to celebrate my birthday with a batch of baking that would make a Cook's mouth water. Buns, cakes, cookies, and slices, made up the assortment—enough to last me until we depart. What a thoughtful gift! We've enjoyed some of the recipes so much I thought maybe you might too, so I've decided to print an old fashioned cookie recipe.

P.S. You know gals... it's times like these that make me realize that being a service wife does have its disadvantages!

WILLIE-MAE'S FILLED OATMEAL COOKIES

1 tsp vinegar
¼ c plus 1 tbsps milk
1 c all purpose flour (sifted)
1 tsp baking soda
1 c soft shortening (part butter)
½ tsp salt
¾ c granulated sugar
3 c uncooked cooking rolled oats

Method:

Set oven at 350. Stir vinegar into milk and set aside. Sift flour with baking soda. Cream shortening with salt until light and fluffy, gradually adding shortening, add milk, mix and add remaining flour mixture. Stir in rolled oats. Refrigerate until cool. Make date filling while cookie mixture is cooling (recipe below). Roll out the mixture on well floured board, a little at a time, leaving remaining dough refrigerated. Cut with 2" round cutter and place on ungreased cookie sheet. Bake in 350 degree oven for 10 to 12 minutes (no more). Cool. To serve spread with heaping teaspoon date filling.

Date Filling: 1 cup snipped dates, ½ c white sugar, 1 tsp lemon juice or vinegar, ½ c water. Boil until thick.

NOTE: Mother advised me that she doubled the filling ingredients to make the cookies rich with dates.

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HAPPENING'S IN THE JUNIOR RANKS MESS

The Jr. Ranks Mess Ball Team, at this writing, have won five games, and lost but only one and needless to say are in first place in their division. The support is gradually increasing and the team would like to see a lot more club members and their wives attending these games. It is too bad that we meet the Station Team(?), only twice during the schedule because I think these games will be well attended by the military personnel. Nothing would please the Jr. Ranks more than to whop the Station Team. It will be interesting to see how the Station Team will be chosen this year. The long overdue new uniforms should be here by the time of this issue of the Plainman. There is also talk of purchasing new jackets and so it should be. A team that dress together, play together.

FLASH—A very strong rumor regarding renovations to our club, we should know by this edition or in the week to follow if we are going to get our newly renovated club. If it is put off still further, it will look rather bleak that the Jr. Ranks will be renovated this year at all.

GOLFING NOTICE!!!

On June 27, CFS Dundurn will hold a golfing tournament and 20 golfers from our club have been invited. On June 18 an entry board will be at the club and the first 20 names will be submitted. The details regarding transportation and cost will be posted in the club at this time. One thing that we do know for sure is that the group will be going up on Friday and coming back on Saturday. Good luck mes amies.

Our PMC, Mel McCreavy will be leaving his post July 1. It is unfortunate, however, Mel has been forced to remain longer than normal due to the high turnover of

V/PMC's, who normally serve a six month term and then take over the senior post.

As an aside, Mel is batching at the moment as his family are on vacation. So if you see him with a bag of chips in his hand (a lot of calories, but not the proper food), by all means, invite him in for a full course meal.

I wasn't at the dance on June 6, but I understand it was a complete sell out. It must have been because of the band, "The Bitter Sweet". The Entertainment Chairman had advertised that advanced tickets would be on sale and he did sell quite a few. As I said before, it was a sell out and with advance tickets on sale, the Entertainment Chairman was covering himself with regards to complaints that might arise. — and they arose! The upstairs lounge has a capacity of so many people (about one fifth of our membership plus wives) and when this has been met there just isn't any more room. In the future (June 27 a barn dance), purchase your tickets in advance, you will be notified through R.O.'s of the time and place.

JR. RANKS Baseball Schedule
 June 19 - 6:30 - Royal
 June 22 - 6:30 - Andy's Auto
 June 23 - 8:30 - Brunswick
 July 2 - 6:30 - Swing Inn
 July 8 - 8:30 - Andy's Auto
 July 10 - 6:30 - STS
 * * * * *

More than a million Canadians served in the Armed Forces during the Second World War.

* * * * *
 More than 32,500 Canadian sailors, soldiers and airmen served in the UN police action in Korea from 1950 to 1953.
 * * * * *

HOW TO START JOB HUNTING

CFP—Thinking about retirement?

Time has a way of sneaking up on everyone. Retirement, which up to now has been something to be pushed to the back of your mind, can suddenly turn out to be only months away. Common sense tells us that a change involving the outside world needs early planning and preparation.

Fine, but how do you start and who can help?

One person who is ready to help is the Base Personnel Selection Officer or Personnel Education Officer responsible for the Civilian Employment Assistance Program. Briefly, these are some of the ways he can help you.

—It is a good idea to test your retirement plans by talking them over with a person who can afford to be objective. For example, how realistic are your plans in relationship to economic conditions?

—You may wonder if your military skills and experience are useful in the outside world. A master gunner in the artillery for example, might help in selling his skills to the average civilian employer.

—If you want to make a clean break with the past, vocational guidance tests are available.

—The preparation and printing of your career resume will be done for you.

—Can you teach an old dog new tricks? Of course, and those interested in academic upgrading should talk it over with the Base Personnel Selection Officer.

—The largest employment service in the country is Canada Manpower. Your contact for the Manpower Centre nearest your Base is the Base Personnel Selection Officer. He can start your first appointment off on the right foot with a special introduction.

It pays to think about your retirement.

Service men approaching retirement are invited to participate in the Civilian Employment Assistance Programme as outlined in CFAO-56-20. Consult your Base Personnel Officer or Base Personnel Education Officer for further details. (Contributed to CFB by Major Freeman Anderson, CEAP Section, Directorate of Personnel Administration, Ceremonial and Welfare.)

ENDS TOUR OF INSTRUCTION



Sgt. Ken Andrew instructs his last course of IE Techs at 1 FTTU. Ken was one of the original staff when the FTTU was formed here at Moose Jaw in January 1964. (L-R—are Cpl. Bill Carter, Wpg. Sgt. Jack Bray, Borden, Sgt. Ken Andrew, Sgt. Jim Genovoy and Sgt. Mort Doring both of Borden). Ken through six and one half years trained 263 electrical techs on the Tutor aircraft plus aircrew and ground officers. Ken and family will be leaving for CFR Uplands in July.

The Road Runner Beeps

The Road Runner congratulates Cpl. Vic Stuart who is now flashing a brand new set of hooks, finally made it Vic.

The results of the latest Trade Examinations show that the Transport Section attained 100% passing marks. Our boys (former army corporals) succeeded in passing the Mobile Support Equipment Operator Gp3 Trade Exams (air element). They are to be congratulated for their effort.

DEFENSIVE DRIVING HINT

One pessimist offered this advice for Defensive Driving. You should always drive in modern traffic as though every driver is an idiot. That may be a rough attitude to take toward fellow-drivers, but you must watch out for the other driver. Perhaps he is not as smart as you are, but it's up to you to be as patient as possible. You certainly can't afford to get angry. Instead of bulldozing your way through (like the idiot driver), there are times when you must give a little in order to avoid a mishap.

Yielding the right of way in one of those annoying situations may not only save the other fellow's life, but yours as well.

This means you must always be aware of the situation ahead, on either side and behind you. Allow yourself an ample cushion of space between your vehicle and the one ahead, at least one vehicle length for each 10 miles of speed. . . . even more in bad driving conditions.

Traffic flows smoothly when everyone follows the rules. Be sure you are not the cause of an accident.

FAMOUS LAST WORDS: *I've got the right-of-way, let him stop!*



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CAN WE SAVE THEM FROM EXTINCTION

Over the years various programs have been initiated to aid in the preservation of wildlife.

The Wascana Waterfowl Park, located in Regina is one good example of man's ability to compensate for nature's losses. The species of bird that benefits greatly from this sanctuary is the Canada Goose.

Canada Geese had generally disappeared from all the prairies with the exception of a few favourite spots such as the Cypress Hills. Isolated pairs of geese that succeeded in raising their families were hunted early in the open season and quickly killed off. The drought was another factor in the decline of the Canada Geese.

Injured birds were brought in to begin the Wascana flock and through interest and constant care they were nursed back to health. Eventually these geese paired off and raised young.

Last year the Department of Natural Resources initiated the Nis'ku Project. The development and reclamation of a 2,000 acre marsh in the Lake Diefenbaker area into a large Canada Goose factory has potential of being the largest of its kind in North America.

The object of the Nis'ku Project is to raise young Canada Geese for re-introduction into suitable marshes and lakes throughout Sask.

The value of the area as a wildlife tourist attraction should certainly prove to be one of the most popular in the Lake Diefenbaker recreational complex. However, these projects must be supplemented by individual concern and activity. On the surface, it would appear, there is relatively little that an individual can do. This is not so! There are societies, federations, leagues and educational groups that can be supported and urged into active programs.

Local projects can assist in the development of our wildlife areas. *Woodies and windbreaks should not be destroyed.* In some areas nesting sites for waterfowl and pas-

serine birds could be installed. The public should be familiar with provincial and federal wildlife laws. These laws are employed as a management tool which allow maximum benefits of the wildlife resource, as well as providing protection to ensure the future of those threatened species.

Pollution is one of the most serious threats to wildlife and to the safety of man himself. One unthinking individual can cause irreparable damage to our water and air.

The use of chemicals such as DDT has imperiled prairie falcons, bald eagles and many other large birds of prey. Detergents with a high phosphate content can pollute our waters. A seemingly small amount of littering has damaging effects.

Man alone has the answers. His behaviour will decide the future course for existence. He needs the wild animals, birds and fish. In the Wildlife Federation's words, "To maintain sanity in his crowded, polluted, artificial world, he may occasionally need to watch a duck braking for a watery landing at dawn, or hear a wolf howling on a moonlit night."

In addition to the immeasurable amount of pleasure and recreation, man benefits in other ways from wildlife. Their aesthetic value is worth untold millions. Artists, novelists and poets are inspired by their beauty. Recently domesticated wild animals such as mice and hamsters are important in medical and scientific research. Last year, in Sask., the estimated revenue from hunting licences was about one million dollars. The total value of wild pelts was estimated at about \$1,800,000. Can we afford to overlook the economic value of our wildlife.

Endangered animal species are manifestations of a deteriorating environment — an environment that man shares. The responsibility is ours!!

SOCIAL SERVICE CLOSE AT HAND

CFP—What does a welfare officer do? Basically the directorate of welfare services and field members, provide a social service to members of the armed forces and their dependents.

In other words, they try to iron out some of the lumps of modern living especially applicable to servicemen and their families.

Marriage problems, compassionate difficulties involving illness, mental or physical handicaps, family separation through duty, galloping budgets, alcohol and drug usage and the plain, simple problems of adjusting to service life are all areas where welfare officers concern themselves.

There are twenty armed forces welfare officers sprinkled throughout Canada and Europe. Sixteen are located in seven geographic regions in Canada and four others serve in Germany. In Canada, welfare officers are located in Ottawa, (2), British Columbia, Prairie provinces, north and central Ontario, Quebec and the Maritimes.

Their help is as handy as the closest telephone. Servicemen and/or their dependents are encouraged to contact their welfare officer before minor problems become major ones.

Personal problems are held in confidence. There are no career implications involved or attached to a visit and contrary to some beliefs, private discussions are not tucked away on career files but are held by the welfare officer for his own use. In the case where there is a need for information to be released to others the client's permission is first obtained.

While the old service-maxim "tell it to the padre", is still valid, there is another course open to the serviceman when personal dilemmas crop up — his regional welfare officer.

GET GEN ON INSURANCE

Between April 20 and May 21, nine seminars were held in seven locations across Canada for approximately 200 service personnel representing 115 bases, stations, ships, squadrons and other units.

The purpose was to provide information on pensions, SISIP and life insurance generally, to unit personnel recently assigned the responsibility of advising Canadian forces personnel locally in this area of benefits.

The subjects covered during the two day workshops included:

- The Pension Act
- Canadian Forces Superannuation Act and Supplementary Death Benefit
- The Canada/Quebec Pension

Plans

- The Servicemen's Income Security Insurance Plan
- General facts on life insurance.

Between May 25 and 29, new English language booklets entitled "SISIP and Other Related Benefits" were forwarded by mail and express to most units through the Pensions and Insurance Co-ordinator. These booklets contain methods of calculation your benefits.

French language booklets are being printed and will be forwarded approximately 15 June 1970.

Ask YOUR local Pension and Insurance Co-ordinator for a copy and use it as a handy reference to your possible benefits. —CFP

CHICKEN SPECIAL For FATHERS' DAY

JUNE 21st (4-7 pm only)

LARGE FAMILY PACK — 18 PIECES CHICKEN
1 PINT COLESLAW GRAVY
6 DINNER ROLLS
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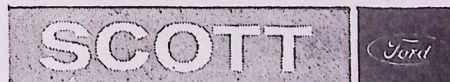
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Classified

Need extra cash? Got something worth selling? Use a Plainsman classified ad. Notices and babysitting advertisements are free, all others 50¢ per issue for thirty words or less or three (3) issues for \$1.00. Send cash with your ad please.

FOR SALE

Admiral and Zenith TVs at great saving to base personnel. Call Sgt. Halvorsen at 379 or Central TV at 692-6525. /10

60 T-Bird. New motor and transmission. Can be seen at 1207 5th N.W. /3/13

Humidifier for sale. Viking automatic controls, 3 years old, \$25.00. Reason for selling - owner transferred. Andrew - PMQ 73, 692-9861. /3/13

One 303 rifle, two archery quivers, two archery bow cases both up to 70" bows. 13 - 24" target arrows, armguards and finger tabs. Call CPL Ken Hicks at local 517 or 693-3798. /3/13

Dogs for Sale - one male Chihuahua pup 3 months old, registered stock. Also one year old male, black-n-tan, suitable as stud. Two adult females for breeding or as pets. Danor's Kennels: Phone 692-1277 for prices. /3/15

Cassette Tape Recorder complete with 8 tapes, microphone, ear plugs, and adapter. Asking \$75.00. Phone 692-7530. /15

Car Stereo - 8 Track plus 4 speakers and attachments. 3 tapes and 1 tape cleaner. Price \$75.00. Phone 692-3940. /15

Pistol semi-automatic, ten shoot clip. Model - 22 calibre. Unique. Registered. Cleaning kit included. Price \$30.00. Call 692-3940. /15

1961 Volkswagen Bus/Camper. Ideal for 2-3 persons - fishing, hunting, camping etc. Reconditioned engine - Gas heater - Good tires - table and storage compartments - sleeping area for 2-3 persons. What offers? Phone 693-4828 or can be seen at PMQ 221. /3/15

2 radial -ply tires, size 165x13(6.50 x13). Tread about half used; will sell for much less than half price. Call Conrad at 692-6771 or Loc 447 /3/14

Barbie doll outfits for sale. Very reasonably priced. Good choice of colours, styles, and fabrics including fortlets. For further information - phone 692-2736 after 5:00 pm. /3/14

1968 Chev Caprice, 4 door hard top, vinyl roof, power equipped, air conditioning. Best condition. 33,000 miles. Phone 692-4942 or 692-8587. /3/14

Large European tent. Separate interior bedroom. Sleeps four easily. Contact Capt. McCague, PMQ 10 or phone 692-9921. /3/14

Springfield 4x power scope used - \$15.00; Bushnell 4x power command post scope - Scope Chief 11 Never used - New - \$65.00. * /3/14

1922 Model T One Ton Truck. Chassis complete engine overhauled No cab or box. (Owner had to construct own body.) Asking \$250. or will consider trade for small boat and motor. Contact Sgt. L. Pion, at Local 477 or 692-8127. /3/15

1966 Chev sedan. New engine and new radio are both on guarantee. Automatic transmission. Power steering. Body good. Excellent mechanical condition. Good clean family car. \$1100 or best offer. Phone 692-9805. /15

Tent trailer, sleeps six. Included is camping equipment, 1 double foam mattress and brand new spare tire. Asking \$200. Call 692-1787. /3/15

4 cycle, 175 cc scooter. Complete with two helmets, tool kit, extra tires, light bulbs and parts. Electric start, luggage rack and spare wheel. Asking \$150. Call 693-4720. /3/15

British Columbia property. Shuswap Lake area. We have a complete up to date listing of a Salmon Arm realtor, with lakeside lots business and retirement properties. Contact Freeman Agencies, 30 High St. East, 693-1010 or N. Pringle at 693-4720 /3/15

1968 - 17 foot Bluebird Travel Trailer. Refrigerator stove oven, heater, toilet, Jacks, awning, equalizer hitch, electric brakes. 2 propane tanks. Used 2 summers. \$2400. Phone 693-3704. /3/15

FOR RENT

14' Travel Trailer for Rent! Sleeps six. Sink, propane stove, icebox. Will deliver and pick up to local parks. Call Sgt. Ambrose at Local 458 or 692-7923. /2/15

Three room suite - Furnished, TV included in private home. For one or two working girls or couple. \$75.00 a month. Phone 692-1277. A. L'Heureux at Local 557. /3/15

Must Rent for July 1st Occupancy: Two Bedroom apartment, roomy, and clean with washing facilities. Can be seen at 1206 Grafton or call Pte. Saager at 536. /15

"Beat The Raise in Rent"! Fully furnished (including washer and dryer) 2 bedroom house with garage basement and is gas heated. Low taxes. Price only \$4800. Complete. Available June. 692-7923 or 458.

For rent - hardtop tent trailer. Must be seen to be appreciated. For further information contact Lee Rundle at 693-5591 (day) or 693-4841 (evenings). /3/14

NOTICES

For Hire! Lawns cut, windows cleaned, any odd jobs by reliable teenager. Phone Robert Longely at 692-9918.

Used clothing that has at least one year's wear left. Anyone wishing to donate it to the Unitarian Service Committee please phone Louise Perrin at 692-0015 or bring it to PMQ 58 after 4:30 pm. Children's clothing especially needed. Sponsored by 1st Moose Jaw Ranger Flight.

On Friday, July 14, from 8:00 until 11:00 pm, the Portage la Prairie Sets and Squares will hold a Square Dance Jamboree on the Safeway Parking lot, in Portage la Prairie. Anyone planning to be in Portage at that time is invited to attend. In case of rain, the Dance will be held at the Arthur Meighan High School gym. /2/15

15% discount to Base personnel on all Admiral, Sango, and Toshiba black & white or colour TV's. Also rental or repair. Call Sgt. Halvorsen at 693-3307 or Central TV 692-6525. /6/10

Personnel interested in children's piano lessons commencing in Sept. contact Mrs. Ruth McCague, PMQ 10 or phone 692-9921. /3/14

Alcoholics Anonymous: If drink is your problem we may be able to help. Call Grant B. at 693-3781.

BABYSITTING

15 year old girl available for weekend babysitting. Has had experience with children of all ages. Phone 693-4935, PMQ 228, Giselle Betts.

BABYSITTING

Experienced 15 year old girl available for weekend babysitting. Phone Louise Perrin at 692-0015.

WANTED

Holiday Trailer Wanted to Rent for the first 3 weeks in August. Phone 540. - Cpl. George. /15

Require sitter to come in days - July and 1st two weeks in August. Call 692-9840 after 6:00 pm. /15

ERROR

In the June 4, 1970 issue of the Plainsman, the Air 4 Sets Wind Up Photo was printed. One of the members was listed as Mona Freeman, but in actuality she is Mrs. Mona Johnman. The Plainsman extends its apologies.

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